

# RADIATION – MEDICAL ISSUES

## The three basic ways to reduce radiation exposure:

- **TIME:** Decrease the amount of time you spend near the source of radiation.
- **DISTANCE:** Increase your distance from a radiation source.
- **SHIELDING:** Increase the shielding between you and the radiation source. Shielding is anything that creates a barrier between people and the radiation source. Depending on the type of radiation, the shielding can range from something as thin as a plate of window glass or as thick as several feet of concrete. Being inside a building or a vehicle can provide shielding from some kinds of radiation.

## ACUTE RADIATION SYNDROME (ARS)

- Also called radiation sickness
- People exposed to radiation will get ARS only if:
  - The radiation **dose was high**
  - The radiation **was penetrating**
    - (that is, able to reach internal organs),
  - The person's **entire body**, or most of it, received the dose, and
  - The radiation **was received in a short time**, usually within minutes.

### NOTE:

- Rescuers, first responders and nuclear power plant workers are more likely to be exposed to doses of radiation high enough to cause acute effects.
- There is no health threat to the US from radiation.

